



### sunday

8:00-9:15 am	Level 1-2 w/Meditation	Nathalie Canessa	S
<b>9:00-10:30 am</b>	<b>All Levels</b>	<b>Julian Walker</b>	<b>N</b>
9:30-11:00 am	Level 1	Indira Shekerjian	S
<b>10:45-12:15 pm</b>	<b>Level 2-3 Flow</b>	<b>Kyra Haglund</b>	<b>N</b>
11:15-12:30 pm	Prenatal & Postnatal	Shayna Reid	S
<b>12:45-2:00 pm</b>	<b>Level 1-2 (Community)</b>	<b>Shannon Baker</b>	<b>N/S</b>
2:15-3:45 pm	All Levels (Community)	Mike Pottenger	N/S
<b>4:00-5:30 pm</b>	<b>All Levels Flow</b>	<b>Nathalie Canessa</b>	<b>N/S</b>
5:30-7:00 pm	Level 1 w/Meditation	Indira Shekerjian	S
<b>5:45-7:15 pm</b>	<b>Restorative</b>	<b>Katherine Newmark</b>	<b>N</b>
7:30-8:45 pm	Kundalini Level 1-2	Elizabeth St. Clair	N

### monday

6:30-8:30 am	Ashtanga Mysore++	Nancy Goodstein	N
<b>7:00-8:15 am</b>	<b>Level 1-2</b>	<b>Jane Zingale</b>	<b>S</b>
8:30-9:30 am	Level 1-2	Jane Zingale	S
<b>9:00-10:30 am</b>	<b>All Levels Flow</b>	<b>Kyra Haglund</b>	<b>N</b>
10:00-11:30 am	Level 1	Leslie Bogart	S
<b>10:45-12:00 pm</b>	<b>Iyengar Level 1-2</b>	<b>Jennifer Edwards</b>	<b>N</b>
12:00-1:00 pm	Level 1-2 (\$5 Class)	SMY Teacher Trainee	S
<b>12:15-1:45 pm</b>	<b>All Levels Flow</b>	<b>Allison McCready</b>	<b>N</b>
1:15-2:45 pm	Postnatal w/Babies (Pre-Crawling)	Indira Shekerjian	S
<b>2:00-3:15 pm</b>	<b>All Levels Power Flow (Community)</b>	<b>Aden Wain</b>	<b>N</b>
3:30-4:30 pm	Level 1/Yoga for Stiff People (Community)	Catherine McDonough	N
* <b>4:30-5:30 pm</b>	<b>Pilates Level 1-2</b>	<b>Susan Kawashima</b>	<b>S</b>
* 5:00-6:20 pm	Level 2-3 (with optional meditation at 4:45 pm)	Riayn Shumacher	N
<b>5:45-7:00 pm</b>	<b>Prenatal</b>	<b>Deborah Raoult</b>	<b>G</b>
6:00-7:30 pm	Level 1-2	Kyra Haglund	S
<b>6:30-8:00 pm</b>	<b>All Levels</b>	<b>Julian Walker</b>	<b>N</b>
7:15-8:45 pm	Iyengar Level 1-2	Monica Rose	G
* <b>7:45-9:00 pm</b>	<b>All Levels</b>	<b>Lois Leonhardi</b>	<b>S</b>
8:15-9:30 pm	Slow Deep Stretch	Michael Pottenger	N

### tuesday

6:30-8:30 am	Ashtanga Mysore++	Nancy Goodstein	N
* <b>7:30-8:30 am</b>	<b>Level 1-2</b>	<b>Indira Shekerjian</b>	<b>S</b>
9:00-10:30 am	Level 1-2	Mary Donovan	N
<b>9:15-10:15 am</b>	<b>Pilates Level 2-3</b>	<b>Laura Gideon</b>	<b>S</b>
10:30-11:45 am	Level 1 Gentle	Joyce Dvoren	S
<b>10:45-12:15 pm</b>	<b>All Levels</b>	<b>Luke Ketterhagen</b>	<b>N</b>
12:15-1:15 pm	Slow Deep Stretch	Indira Shekerjian	S
<b>12:30-2:00 pm</b>	<b>All Levels (Community)</b>	<b>Gimel Everett</b>	<b>N</b>
* 2:15-3:45 pm	Yoga for Seniors	Sonya Chapnick	S
<b>3:30-4:45 pm</b>	<b>All Levels Flow (Community)</b>	<b>Bruce Bair</b>	<b>N</b>
* 4:30-5:45 pm	Kundalini All Levels	Jodi Fuchs	S
<b>5:00-6:15 pm</b>	<b>All Levels Flow</b>	<b>Allison McCready</b>	<b>N</b>
* 5:15-6:15 pm	Meditation for Beginners	Nathalie Canessa	G
* <b>6:00-7:30 pm</b>	<b>Level 1-2</b>	<b>Luke Ketterhagen</b>	<b>S</b>
6:30-8:00 pm	All Levels Flow	Daniel Stewart	N
<b>7:45-8:45 pm</b>	<b>Slow Deep Stretch</b>	<b>Indira Shekerjian</b>	<b>S</b>
8:15-9:30 pm	All Levels Flow	Dana Marcoux	N

### wednesday

6:30-8:30 am	Ashtanga Mysore++	Lois Leonhardi	N
<b>7:00-8:15 am</b>	<b>Level 1-2</b>	<b>Jane Zingale</b>	<b>S</b>
8:30-9:30 am	Pilates Level 1	Laura Gideon	S
<b>9:00-10:30 am</b>	<b>All Levels Contemplative</b>	<b>Kyra Haglund</b>	<b>N</b>
9:30-11:00 am	Prenatal	Deborah Raoult	G
<b>10:00-11:30 am</b>	<b>Level 1</b>	<b>Leslie Bogart</b>	<b>S</b>
10:45-12:00 pm	Iyengar Level 1-2	Lorna Sirota	N
<b>12:00-1:00 pm</b>	<b>Level 1-2 (\$5 Class)</b>	<b>SMY Teacher Trainee</b>	<b>S</b>
12:15-1:45 pm	All Levels Flow	Allison McCready	N
<b>1:15-2:45 pm</b>	<b>Postnatal w/Babies (Pre-Crawling)</b>	<b>Indira Shekerjian</b>	<b>G</b>
2:00-3:15 pm	All Levels Power Flow (Community)	Aden Wain	N
<b>3:30-4:30 pm</b>	<b>Level 1/Yoga for Stiff People (Community)</b>	<b>Catherine McDonough</b>	<b>N</b>
4:30-5:30 pm	Pilates Level 1-2	Laura Gideon	S
* <b>5:00-6:20 pm</b>	<b>Level 2-3</b> (with optional meditation at 4:45 pm)	<b>Riayn Shumacher</b>	<b>N</b>
5:45-7:00 pm	Prenatal & Postnatal	Shayna Reid	G
<b>6:00-7:30 pm</b>	<b>Level 1-2</b>	<b>Kyra Haglund</b>	<b>S</b>
6:30-8:00 pm	All Levels	Julian Walker	N
<b>7:15-8:45 pm</b>	<b>Iyengar Level 1-2</b>	<b>Monica Rose</b>	<b>G</b>

* 7:45-9:00 pm	All Levels	Lois Leonhardi	S
<b>8:15-9:30 pm</b>	<b>Slow Deep Stretch</b>	<b>Cindy Fraser</b>	<b>N</b>

### thursday

6:30-8:30 am	Ashtanga Mysore++	Nancy Goodstein	N
* <b>7:30-8:30 am</b>	<b>Level 1-2</b>	<b>Indira Shekerjian</b>	<b>S</b>
9:00-10:30 am	Level 1-2	Mary Donovan	N
<b>9:15-10:15 am</b>	<b>Pilates Level 2-3</b>	<b>Laura Gideon</b>	<b>S</b>
10:30-11:45 am	Level 1 Gentle	Joyce Dvoren	S
<b>10:45-12:15 pm</b>	<b>All Levels</b>	<b>Luke Ketterhagen</b>	<b>N</b>
12:15-1:15 pm	Slow Deep Stretch	Indira Shekerjian	S
<b>12:30-2:00 pm</b>	<b>All Levels (Community)</b>	<b>Gimel Everett</b>	<b>N</b>
* 2:15-3:45 pm	Yoga for Seniors	Sonya Chapnick	S
<b>3:30-4:45 pm</b>	<b>All Levels Flow (Community)</b>	<b>Michael Pottenger</b>	<b>N</b>
* 4:30-5:45 pm	Kundalini All Levels	Jodi Fuchs	S
<b>5:00-6:15 pm</b>	<b>All Levels Flow</b>	<b>Allison McCready</b>	<b>N</b>
* 5:15-6:15 pm	Meditation for Beginners	Nathalie Canessa	G
* <b>6:00-7:30 pm</b>	<b>Level 1-2</b>	<b>Luke Ketterhagen</b>	<b>S</b>
6:30-8:00 pm	All Levels Flow	Daniel Stewart	N
<b>7:45-8:45 pm</b>	<b>Slow Deep Stretch</b>	<b>Indira Shekerjian</b>	<b>S</b>
* 8:15-9:30 pm	Yoga Nidra (Supine Meditation)	Elizabeth St. Clair	N

### friday

6:30-8:15 am	Ashtanga Primary Series	Nancy Goodstein	N
<b>7:00-8:15 am</b>	<b>Level 1-2</b>	<b>Jane Zingale</b>	<b>S</b>
8:30-9:30 am	Level 1-2	Jane Zingale	S
<b>9:00-10:30 am</b>	<b>All Levels Flow</b>	<b>Kyra Haglund</b>	<b>N</b>
10:00-11:30 am	Level 1	Leslie Bogart	S
<b>10:45-11:45 pm</b>	<b>Yoga Playdate (parent &amp; child)</b>	<b>Gail Bennett</b>	<b>N</b>
12:00-1:00 pm	Pilates Level 1-2	Laura Gideon	S
<b>12:15-1:45 pm</b>	<b>All Levels Flow</b>	<b>Allison McCready</b>	<b>N</b>
1:45-3:00 pm	Yoga for Cancer Patients (Free)	Elizabeth St. Clair	S
<b>3:15-4:30 pm</b>	<b>Kundalini Level 1-2 (Community)</b>	<b>Elizabeth St. Clair</b>	<b>N</b>
* 5:00-6:20 pm	Level 2-3 (with optional meditation at 4:45 pm)	Riayn Shumacher	N
<b>6:00-7:30 pm</b>	<b>Level 1</b>	<b>Cindy Fraser</b>	<b>S</b>
6:30-8:30 pm	All Levels Flow/Trance Dance	Julian Walker	N
<b>7:00-8:30 pm</b>	<b>All Levels (Community)</b>	<b>Mike Geary</b>	<b>G</b>

### saturday

8:00-9:15 am	Level 1-2 w/Meditation	Nathalie Canessa	S
<b>9:00-10:30 am</b>	<b>All Levels</b>	<b>Julian Walker</b>	<b>N</b>
9:30-11:00 am	Level 1-2	Jane Zingale	S
<b>10:45-12:15 pm</b>	<b>All Levels Flow</b>	<b>Daniel Stewart</b>	<b>N</b>
11:15-12:45 pm	Level 1	Indira Shekerjian	S
<b>12:30-1:30 pm</b>	<b>Pilates Level 2</b>	<b>Laura Gideon</b>	<b>S</b>
* 1:00-2:30 pm	Iyengar Level 1-2 (begins October 9)	Keri Lee	N
<b>2:00-3:30 pm</b>	<b>All Levels Flow (Community)</b>	<b>Dana Marcoux</b>	<b>N</b>
2:45-4:15 pm	Level 1-2 (\$5 Class)	SMY Teacher Trainees	S
<b>4:00-5:30 pm</b>	<b>Taoist Yoga</b>	<b>Cindy Fraser</b>	<b>N</b>
4:30-5:45 pm	Level 1 Gentle (Community)	Joyce Dvoren	S

Single Class	\$18.		
5 Class Pas	\$80.	15 Class Pass	\$202.50
10 Class Pass	\$145.	20 Class Pass	\$250.
10 Class Pass Student/Senior/Hardship+		\$105.	
Community Class		\$10.	
Community 5 Class Pass		\$47.50	
Community 10 Class Pass		\$90.	
Teacher Trainee Class		\$5.	
One Month	\$150.	Monthly Auto-renew	\$125.
Six Months	\$700.	One Year	\$1,300.

Passes are non-refundable and expire 180 days from date of purchase.  
 +Full time students with I.D. and seniors 65 and older; hardship determined on an individual basis.  
 \* new or updated class  
 ++arrival and departure time flexible, except new to Ashtanga please arrive at 6:30 am  
 (N)orth enter at front of building, (S)outh and (G)arden enter at back. Level 1 is beginner level.